



choice

The Power of One

Every big change that seems impossible is made up of small changes that aren't.

Small changes. Big difference.

Energy. Quality of life. Attaining your personal best. These are all great goals you can reach by moving toward them one choice at a time. Whatever you want to accomplish, you have access to tools and resources to help you get there!

Discover how your choices impact your well-being


It's the little decisions made every day, like what you choose for lunch or how you deal with stressful situations, that shape your health and happiness. Take the 10-minute, confidential health assessment at <https://SEGIP.StayWell.com> to discover how your everyday choices are affecting your well-being.

Provide your health values to get the best results

The assessment analyzes your lifestyle answers and any health values you provide. Although height and weight are the only required measures, the more health information you include, like your blood pressure, cholesterol and glucose levels, the more accurate your results will be.

Wellness measurement	Your numbers
Height
Weight
Blood pressure
Total cholesterol
HDL cholesterol
LDL cholesterol
Triglycerides
Glucose
Body mass index (BMI)
Hip measurement
Waist measurement

Complete the health assessment

- Start here: <https://SEGIP.StayWell.com>
- Create an account or sign in
- Complete the health assessment and answer "YES" to the last question 
 - Would you like to be contacted by a StayWell® health professional?
- Click **Finish and View Results**

Questions?

Call the StayWell HelpLine at **855-428-6320**.

